

A method for decoding time data comprising  
decoding an encoded bit stream in units of one frame to  
generate decoded video data and a plurality of decoded  
header information items for each frame, detecting the  
time data included in each of the header information  
items, and determining identical time data which define  
identical points of time and are detected from at least  
two of the header information items as frame time data  
determining the point of time for outputting the  
decoded frame.